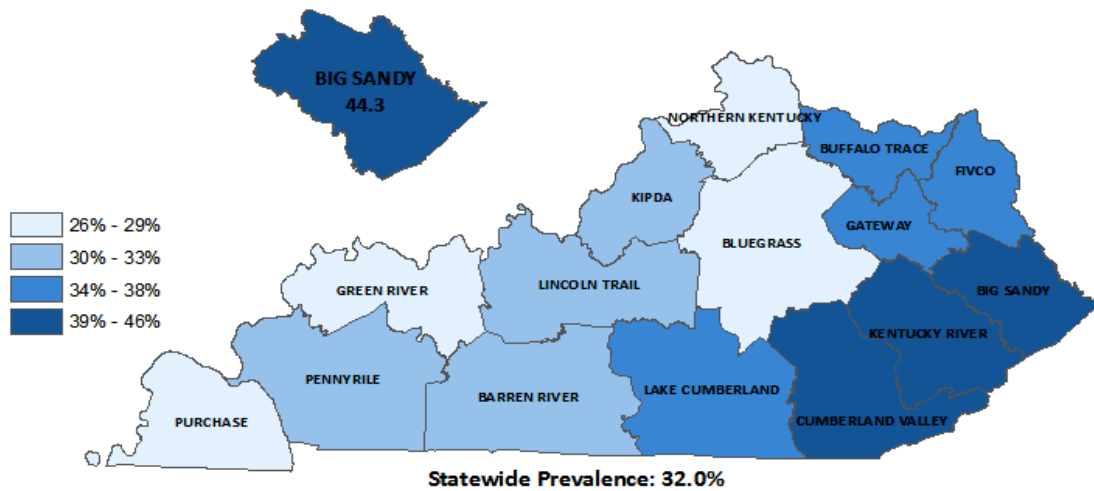


# Big Sandy Area Development District (ADD) 2017 Arthritis Fact Sheet

## Arthritis Prevalence by ADD, 2015 KyBRFS



### How many Kentuckians in the Big Sandy ADD have Arthritis?

- Over 50,000 adults (44%) ages 18 and over<sup>1</sup>
- Women (45%); Men (44%)<sup>1</sup>
- Higher among those earning less than \$25,000 annually (61%)<sup>1</sup>

### How does Arthritis impact daily life in Big Sandy ADD?

- 31,134 reported limits to daily activities<sup>1</sup>
- 27,002 working-age adults (18-64) reported work limitations<sup>1</sup>
- 17,693 adults restricted social activities due to symptoms<sup>1</sup>

### How many in the Big Sandy ADD have had knee or hip replacement?

- 406 adults hospitalized for knee arthroplasty<sup>2</sup>
  - ⇒ average length of stay was 3.2 days<sup>2</sup>
  - ⇒ average charges per stay were \$14,080<sup>2</sup>
- 249 adults hospitalized for hip replacement (total or partial)<sup>2</sup>
  - ⇒ average length of stay was 3.8 days<sup>2</sup>
  - ⇒ average charges per stay were \$16,724<sup>2</sup>

1. Kentucky Behavioral Risk Factor Survey (KyBRFS) 2015 Data. Department for Public Health, Cabinet for Health and Family Services, Frankfort, Kentucky

2. HCUPnet, Healthcare Cost and Utilization Project. Agency for Healthcare Research and Quality, Rockville, MD. <https://hcupnet.ahrq.gov/>. Accessed January 5, 2017

## What can be done to improve Arthritis in Big Sandy ADD?

### Individuals

Low impact physical activity can lessen arthritis pain and stiffness. Proven self-management and physical activity programs such as the Chronic Disease Self-Management Program, Enhance Fitness, and Walk with Ease are available in most areas of Kentucky through your Area Agency on Aging and Independent Living, Kentucky Homeplace, local health department, Senior Center, or YMCA.

### Health Care Providers

Prescribe low impact physical activity appropriate for those with arthritis. Refer patients to evidence-based interventions such as those listed above to help reduce symptoms and improve health and overall quality of life.

